Vancouver metro

Your essential daily news | THURSDAY, JANUARY 14, 2016

High 8°C/Low 4°C Sun and cloud

THE ABSOLUTE WORST MOVIES OF THE YEAR
metroLIFE

Ahmad Hwichan and his sons Louai, left, 11, and Qusai, 8, in Vancouver on Tuesday. THE CANADIAN PRESS

'I LOVE YOU CANADA SO MUCH'

Syrian refugee says pepper-spray attack doesn't change view of his new home

metroNEWS

Spy agency's role in foiled plot questioned

TERROR

CSIS may have incited B.C. couple: Lawyer

A person with alleged ties to Canada's spy agency may have helped radicalize a man who was eventually arrested for plotting to blow up the British Columbia legislature, a court has heard.

The information comes after B.C. Supreme Court Justice Catherine Bruce ordered the release of a heavily edited transcript from a closed-door hearing that took place last week in connection with the trial of John Nuttall and Amanda Korody.

The pair was found guilty last June on terrorism charges but the convictions haven't been entered while defence lawyers argue police entrapped the couple through an elaborate undercover police sting.

Their lawyers are applying for correspondence between the Canadian Security Intelligence Service and an alleged human source in order to better understand the role the spy agency played in the investigation.

"If there (redacted) was a human source then that raises serious issues about the potential role of CSIS in inciting the applicants to commit terrorist acts," said Nuttall's lawyer Marilyn Sandford in the transcript.

If the possible source is acting as an agent for either the RCMP or CSIS while at the same time encouraging Nuttall and Korody to commit terrorist acts "then we say that's potentially an abuse of process or potentially entrapment," she added.

Sandford told the court that her client claimed the alleged CSIS operative "strongly encouraged him on many occasions to engage in violent terrorist acts and played a significant role in (his) radicalization."

Lawyers for the Crown and CSIS opposed the release, arguing that the only evidence in favour of the disclosure came from Nuttall himself.

"He's anything but a reliable historian," Eccles said.

Everything presented during the couple's trial indicates Nuttall didn't think he had been radicalized by anyone other than himself, Eccles said.

The lawyer said the defence's theory that the alleged operative radicalized Nuttall doesn't follow what the court heard at trial, when Nuttall instructed undercover officers to "go do jihad." THE CANADIAN PRESS

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metro NEWS
Your essential daily news

Loonie closes below 70 cents US for first time in over a decade

Crew, passenger cameras part of Leviathan II probe

FATAL ACCIDENT

Transportation Safety Board analyzing all kinds of data

The bow of the Leviathan II as it waits to be towed into Tofino, B.C., on Oct. 27, 2015. CHAD HIPOLITO/THE CANADIAN PRESS

The Transportation Safety Board is analyzing cameras from passengers and crew as part of its investigation into a deadly whale-watching accident that claimed six lives near Tofino.

Five Britons and an Australian died when the Leviathan II capsized last October.

TSB spokesman Chris Krepski said Wednesday that navigational equipment from the 20-metre vessel carrying 24 passengers will also be analyzed.

He said the investigation will determine how factors such as sea and operating conditions affected the ship in the moments before a large wave hit the side of the vessel.

The Pacific Whale Watch Association has said rough sea conditions in the area may be a factor, noting a similar fatal accident occurred 17 years earlier in the same waters off the west coast of Vancouver Island.

Krepski said a "survivability assessment" will also be conducted.

"We could look at the location of the passengers aboard the vessel, availability and use of survival equipment, environmental conditions, what any kind of instructions from the crew would have been and determine what the impact may have been on crew and passengers."

The TSB has completed the first round of interviews with crew, passengers and relatives, and follow-up interviews may be done if necessary, Krepski said.

24

Number of people aboard the Leviathan II when it capsized near Tofino last October. Six people died — five Britons and an Australian.

The investigation team is also reviewing the vessel's inspection history and shipyard work orders, as well as information obtained from search and rescue officials.

TSB officials have said that if anything is uncovered suggesting an immediate risk, details will be released right away.

A final report on the tragedy could be years away.

Two other fatal accidents in Canada involving whale-watching vessels killed four people. Both occurred in British Columbia — in 1992 and 1998 — with one vessel capsizing and the other sinking.

THE CANADIAN PRESS

FEDERAL FUNDING

B.C. seeks healthier transfers

Thandi Fletcher
Metro | Vancouver

British Columbia's health minister says he will urge the Trudeau government to change the way it funds health care, to better meet the needs of the province's aging population.

Health Minister Terry Lake said B.C. has long been unhappy with changes made by the previous government to the Canada Health Transfer — which, he said, allocates federal health-care funds on a per-capita basis and does not recognize that some provinces have larger populations of senior citizens.

"As you age, health-care costs become higher and higher and higher," Lake told reporters Tuesday.

"So to have a pure per-capita transfer actually was a disadvantage for populations that were older, such as in British Columbia, and much more of an advantage for populations like Alberta, that are younger."

The minister said he plans on pushing for changes to the system next week when provincial and territorial health ministers meet with federal Health Minister Jane Philpott in Vancouver.

Premier Christy Clark added: "Canada is one of the only countries in the world that doesn't recognize the need to spend more money per capita at a national level on senior citizens than younger people."

Community Mental Health and Addictions Worker Diploma

Community Mental Health and Addictions Workers assist individuals with mental health, housing and addiction challenges by encouraging and supporting them in their daily lives. Community Mental Health and Addictions Workers work in shelters, transitional housing, single residential occupancy hotels, supportive permanent housing, outreach programs, life skills services, recreation and wellness programs, food programs, health services, and recovery and treatment facilities.

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Get up, stand up for less

BUSINESS

Bypass pricey ergonomic desks with clever Oristand

Emily Jackson
Metro | Vancouver

Hootsuite founder Ryan Holmes made his first billion dollars developing a social media platform, but his latest business idea came from an experiment with decidedly low-tech cardboard boxes.

Holmes announced Wednesday the launch of his new company Oristand, which sells easy to assemble, ergonomically correct cardboard stand up desks for US $25 (CDN $35) — a fraction of the price of typical stand-up desks that sell for at least $200.

A sore back and a desire to try out standing at the office without a major investment gave Holmes the idea to build cheaper stand up desks, Oristand co-founder Steve Suchy said Wednesday.

Suchy, who works in architecture and interior design, knows Holmes through a mutual friend and became the startup's go-to cardboard expert. Suchy developed five or six prototypes before landing on the current design, which has no fasteners and goes between sitting and standing "quite effortlessly."

The Oristand stand-up desk created by Hootsuite founder Ryan Holmes sells online for US $25.
CONTRIBUTED

"Ultimately, we had to come up with something that could be really, really affordable. It's democratizing stand-up desks and making them accessible for businesses and individuals," he said. "We're certainly not health experts but through all the research that's out there, it really does seem that standing for a portion of your day can be a real benefit. We're hoping it becomes available to more people." And the company is bullish that people will spend $25 on material they typically throw in the blue bin. The product is precisely designed for easy setup and takedown and is less than an inch thick when flat so can be stored easily.

"We suspect they should last several years at least, which is probably a little more than you'll get out of your average cardboard box," Suchy said, adding the original prototype is still in great shape after a year of use. "It's also ergonomically better unless you can find two perfect cardboard boxes."

> **"Ultimately, we had to come up with something that could be really, really affordable. It's democratizing stand-up desks and making them accessible for businesses and individuals.**
> Oristand co-founder Steve Suchy

The cardboard boxes are manufactured in Seattle and come in one size and three different colours. Companies can put custom logos on the boxes, which are recyclable and can be purchased at oristand.co.

POLICE

B.C.'s first investigator into officer-involved incidents says he'll leave

British Columbia's first police watchdog is resigning from his post at the end of his term. Richard Rosenthal has informed the provincial government that he won't seek reappointment next January as the chief civilian director of the Independent Investigations Office.

Rosenthal has led the agency since it was established in 2012 as a police oversight body looking into incidents of serious injury or death involving police officers. Attorney General Suzanne Anton says Rosenthal has been instrumental in establishing the agency and ensuring that investigations are dealt with appropriately.

The office was created to eliminate the perception of bias of police investigating other officers. The IIO was set up after separate inquiries into the deaths of Robert Dziekanski at Vancouver's airport and Frank Paul, who was dropped off in an alley by a Vancouver officer and later found dead of hypothermia.

THE CANADIAN PRESS

Newly arrived Syrian refugee Yaacoub Al Mahameed, 4, holds a toy car on Tuesday as he stands among fellow refugees at a hotel where 200 government-sponsored migrants are living temporarily in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Pepper-spray attack victims still grateful

NEW BEGINNINGS

Syrian refugees see hateful act as isolated incident

Ahmad Hwichan grimaces as he talks about coughing up blood and hearing children screaming in the aftermath of last week's pepper-spray attack in Vancouver.

The newly arrived government-sponsored refugee from Syria was one of about a dozen people sprayed by a man on a bicycle outside a welcome ceremony on Friday.

Despite the suffering, the incident has failed to temper the enthusiasm and gratitude Hwichan and other refugees feel toward their adopted country and its citizens.

"This doesn't change my point of view of Canada. It will never change," Hwichan said through a translator on Tuesday, four days after the attack. "This was probably one guy who was drunk or, I don't know, crazy."

He added in English without the help of a translator: "I love you Canada, so much."

The pepper spraying prompted universal condemnation from political leaders, including Mayor Gregor Robertson, Premier Christy Clark and federal Defence Minister Harjit Sajjan.

> **Canada stays Canada — Canada of dreams.**
> Syrian refugee Youssef Ahmad al-Suleiman

Syrian refugee Youssef Ahmad al-Suleiman, also hit in the attack, recounted how he and his fellow newcomers were stunned after Prime Minister Justin Trudeau took to Twitter and apologized on behalf of himself and the Canadian people.

"We're not used to this back home in our own country," al-Suleiman said.

"(Syrian President) Bashar al-Assad killed around 300,000 people and did not apologize once."

Al-Suleiman recalled a man cycle up to their group outside a Muslim Association of Canada centre. The man sprayed something once or twice toward the crowd and quickly left, he said.

Vancouver police spokesman Sgt. Randy Fincham has said Friday's incident is being investigated as a hate crime.

THE CANADIAN PRESS

ECONOMY

City posts record in building permits

Emily Jackson
Metro | Vancouver

The value of building permits in Vancouver hit record levels in 2015 for the second year in a row, leaving city staff scrambling to keep up with the crushing demand for building permits.

Building-permit values topped $3.2 billion last year, up from the previous record of $2.8 billion in 2014 and more than double the value of permits in 2008, the City of Vancouver announced Wednesday.

The jump stems from approvals of 10 major projects worth more than $50 million, including the swanky, twisted 52-storey Vancouver House near the Granville Bridge worth $279 million and Emily Carr University's new campus worth $80 million.

But Coun. Geoff Meggs said much of the value comes from smaller renovations to homes and the development of basement suites and laneway houses.

30%

Council hiked building permit fees by 30 per cent in November in order to use the expected $1.7-million cash influx to hire more people to handle thousands of applications.

"It all adds up to an enormous level economic activity," he said, adding that the rush to build is great news that shows confidence in Vancouver.

But the demand also adds "enormous stress" on city staff working to grant permits, Meggs said.

COURTS

Another setback for Northern Gateway

An alliance of First Nations is celebrating a British Columbia Supreme Court ruling that it says could set back the Northern Gateway pipeline by years and throw a wrench into another high-profile project review.

The case was brought forward by the Gitga'at First Nation and Coastal First Nations, which represent nine indigenous communities along B.C.'s northern and central coast, including the Gitga'at.

At the centre of the challenge was an equivalency agreement in which British Columbia gave the National Energy Board the power to review the controversial pipeline proposal. The court found the province "breached the honour of the Crown" by failing to consult with the Gitga'at and Coastal First Nations.

That means the equivalency agreement is invalid and the province must make its own decision on Northern Gateway — after consulting with and accommodating First Nations along the route. THE CANADIAN PRESS

BACKGROUND

Northern Gateway has had a federal permit in hand — with 209 conditions attached — since mid-2014, but the company has not officially committed to building the project.

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Refugees getting short-term digs

LOGISTICS

Temporary housing on tap for newcomers

Thousands of Syrian refugees expected in Canada in the coming days could spend up to two weeks in temporary accommodations.

Those conditions will still be better than what people have left behind in Jordan, Lebanon or Turkey, where nearly all of the Syrian refugees coming to Canada are currently living, said Immigration Minister John McCallum.

When the current resettlement program was rolled out in November, the government said incoming refugees would spend a couple of nights in hotels near the airport before transiting on to their final destinations. For those with private sponsors, there would likely be homes ready but what would happen with government-assisted refugees — those whose costs are covered entirely by government — was always a question mark.

Ordinarily, those refugees are welcomed by settlement agencies that run temporary housing facilities, and they stay there for a few weeks before a permanent home is found.

But those organizations always had concerns that the sheer volume of Syrians would overwhelm those facilities, a fear that's now become a reality as the Liberals work towards bringing 25,000 people to Canada by the end of February.

The groups are providing daily feedback to the government on the number of beds they have available but at least three military bases are expected to be mobilized in the coming weeks to help house thousands of people.

Though government-organized flights of refugees will continue to land almost daily, the government's focus is now shifting to how to ensure the newly arrived are settling in as well as they can once those permanent homes are found.

Along with housing challenges, there is the reality of weaving thousands of new people into their new communities.

Ordinarily, refugees are given extensive predeparture briefings to orient them to life in Canada, covering everything from the weather to bank machines, but those efforts were jettisoned for this program in order to get people here faster. So all of that needs to be done now.

THE CANADIAN PRESS

$50M

Target contribution from corporations sought by Immigration Minister John McCallum to help with settlement costs. Of that figure, $20 million has already been raised.
THE CANADIAN PRESS

FOREIGN AFFAIRS

May be shift in attitude to Hamas

Federal officials have told Prime Minister Justin Trudeau that a truce between Israel and the militant group Hamas would be good for both parties.

The advice is in a memo written for the incoming prime minister, and represents what some analysts see as a shift in policy from nearly 10 years of Conservative rule under Stephen Harper.

The memo shows the incoming Trudeau government coming to terms with a "geopolitically significant" development in the Palestinian-Israeli conflict, said Kamran Bokhari of the University of Ottawa's Security and Policy Institute. "It's a pretty sharp contrast with the position of the Harper government, which was very much anti-Hamas and very much pro-Israel," said Bokhari. THE CANADIAN PRESS

Andralyn Zayn and Marissa Gough show how to do a handstand. THE CANADIAN PRESS

TREND

Circus classes raise bar on fitness

Just ahead of circus artist Andralyn Zayn's debut on the bungee trapeze, she miscommunicated with a technician in dress rehearsal and did a double-front flip straight into the bar.

Doctors didn't diagnose a concussion, so she slathered on enough makeup to hide the cylinder-shaped bump on her forehead.

"There are no breaks, and your body isn't your own," said Marissa Gough, 33, one of Zayn's circus partners.

Gough, Zayn, and her husband, Duane Steel, run a troupe called Deflying Fitness and travel across Canada and internationally training participants in circus-inspired physical feats for exercise.

Circus-inspired fitness is part of a larger movement with established roots in Canada. A trend including hundreds of circus schools, troops and offshoot ventures emerged from the rising popularity of Cirque du Soleil,

"I'd think that within the last 10 years we saw that growing slowly but surely," said Christophe Rousseau, communications director for Ecole nationale de cirque.

THE CANADIAN PRESS

> **I'd think that within the last 10 years we saw (the circus trend) growing slowly but surely.**
> Christophe Rousseau, Ecole nationale de cirque

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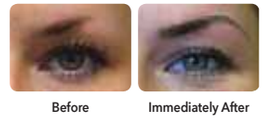

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One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.

Educate yourself

Learn more about mental illnesses and the stigma that surrounds them. Educating yourself about mental illness and how it actually affects those who suffer will help reduce misconceptions and stereotypes. The more you know, the more you can talk about it in a constructive way.

Howie Mandel

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Blasts and gunfire fill city streets

JAKARTA, INDONESIA

Raid on police post followed trio of bombs at café: Witness

At least three suicide bombers exploded themselves in a Starbucks in downtown Jakarta, Indonesia, on Thursday while two gunmen attacked a police post nearby, a witness reported. TVOne, a local television network, described three explosions in other parts of the city.

At least one policeman was killed in addition to the bombers.

The first explosion appeared to have triggered a gun-battle between the attackers and anti-terror police squads, and gunfire could be heard more than 90 minutes later.

Tri Seranto, a bank security guard, said he saw at least five attackers, including three suicide bombers who exploded themselves in the Starbucks.

He said he saw the three men entering and blowing themselves up one by one. He said the other two attackers, carrying handguns, entered a police post. He said he later saw one policeman dead and three seriously wounded.

He said the two gunmen ran away with police chasing them.

No one claimed responsibility for the attacks as of press time.

Gunshots were heard after the mid-morning explosion in front of the Sarinah shopping mall and a police station. The area also has many luxury hotels, and offices and embassies, including the French. The other set of explosions were in neighbourhoods where the embassies of Turkey and Pakistan are located.

THE ASSOCIATED PRESS

LE CARILLON ATTACKS

Paris café reopens

With the blood and bullets now swept away, the Carillon café reopened its doors Wednesday for the first time since it was among the Paris sites targeted by Islamic extremists in November.

The French capital is trying to revive tourism and commerce after the attacks that cost 130 lives and cast a shadow of fear over the city.

"Welcome to the Carillon," bartenders said while opening the doors, offering a glass of champagne to the first customers, some of whom were altering between smiling and crying.

THE ASSOCIATED PRESS

1 Patrons sit on the terrace of the Carillon café, one of sites of the Nov. 13 terror attacks in Paris that killed 15 people.

2 People gather outside the Carillon café on Wednesday — its reopening day.

3 A barman serves drinks to patrons at the cafe.

ALL PHOTOS AFP/GETTY IMAGES

IN BRIEF

At least one winner of $1.5-billion Powerball

A winning ticket in Wednesday night's record $1.5-billion Powerball jackpot was sold at a 7-Eleven in suburban Los Angeles, a spokesman for the lottery said.

The identity of the winner was not announced as of press time, and it was not yet clear whether any other winning tickets were sold. THE CANADIAN PRESS

Suicide bomber in Turkey had registered as refugee

The suicide attacker who detonated a bomb that killed 10 German tourists in the heart of Istanbul's historic district had registered as a refugee just a week earlier, Turkish officials said Wednesday, raising questions over whether extremists are posing as asylum-seekers to inflame anti-immigrant sentiment.

Turkish authorities identified the assailant in Tuesday's attack as a Syrian man who was born in 1988, and said he was affiliated with the Islamic State of Iraq and the Levant (ISIL).

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Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from January 5 to February 1, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,725, $22 AMVIC, $100 A/C charge (where applicable). Excludes taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ΦOn financing for up to 60 months plus up to $4,000 discount available on select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (0AC), on a new 2015 Optima LX AT Sunroof (OP743F) with a selling price of $27,862 is based on monthly payments of $398 for 60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $4,000 discount (loan credit). Other taxes, registration, insurance and licensing fees are excluded. †"Don't Pay For 90 Days" on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends February 1, 2016. ᵡ**Representative Leasing Example:** Lease offer available on approved credit (0AC), on the 2016 Sorento LX 2.4L FWD (SR75AG)/2016 Forte Sedan LX MT (F0741G) with a selling price of $29,342/$17,562 (including $500/$1,300 lease credit discounts) is based on a total number of 130 bi-weekly payments of $135/$66 for 60 months at 1.9%/0%, with $0 security deposit, $500/$1,300 discounts (lease credit), $1,950/$975 down payment and first monthly payment due at lease inception. Total lease obligation $17,554/$8,622 with the option to purchase at the end of the term for $11,142/$6,665. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). **$500 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Sportage and 2016 Sorento from participating dealers between January 4 and February 1, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Hyundai, Honda, GM, Ford, Jeep and Chrysler vehicles. Some conditions apply. See your dealer or kia.ca for complete details. ***Cash Purchase Price** for the new 2015 Optima LX AT (OP742F) is $20,462 and includes $1,545 delivery and destination fee, $6 AMVIC fee and $16 tire tax. Includes a cash discount of $6,000. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. ‡Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR75IG)/2015 Optima SX AT Turbo (OP748F)/2016 Forte SX AT (F0748G) is $42,095/$34,895/$26,695. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The 2015 Optima was awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. models tested. Visit www.iihs.org for full details. The Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

metro VIEWS
Your essential daily news
Thursday, January 14, 2016

THE BIG NUMBER

42%

The decrease since 2004 in the proportion of Canadians who use cocaine or crack, according to Health Canada.

The crack epidemic in North American cities during the 1980s and '90s lined the pockets of Latin American drug lords such as El Chapo and Pablo Escobar because nearly all of the world's coca leaves (cocaine's raw material) are grown in Colombia, Bolivia and Peru. But for well over a decade now, cocaine has been losing its cool factor. In 2004, 1.9 per cent of Canadians said they'd used some form of cocaine in the past 12 months, but by 2012, the last year for which data is available, only 1.1 per cent said so. Although the war on drugs, and its accompanying crackdown on trafficking, likely had something to do with this, experts believe cocaine just kind of went out of style in addition to getting much more expensive relative to other drugs. Canadians are still getting high en masse, but more are popping prescription pills than packing crack pipes — although with marijuana soon to be legal, our habits may be about to shift again.

SOURCE: CANADIAN ALCOHOL AND DRUG USE MONITORING SURVEY

Sweeping, secretive air travel policy doesn't fly

Faisal Kutty and **Mustafa Jilani**

In the wake of the six-year-old caught in Canada's no-fly web, the government has promised to examine changes to the program. "(It's) no fault of their own," says Ralph Goodale, the minister of public safety, adding that false positives "can present an awkward situation" and "a feeling of stigma."

Awkwardness and stigma may not quite fully convey the extent of the impact for the hundreds or thousands on the list and those with similar names. Lost jobs, separation from family, fear, anxiety and uncertainty are all too real.

Over the years, many have been caught in limbo.

The program introduced in 2007 created the Specified Persons Advisory Group (SPAG), which identified individuals who posed an "immediate threat" for inclusion on the Specified Persons List, which airlines are mandated to screen against. Once flagged, a Transport Canada official could authorize boarding, request extra screening or issue an "emergency direction" to prevent boarding.

A denied person could apply to the Office of Reconsideration. However, as evident from court documents in the Hani Al Telbani case, the office's power is only illusory. The office concluded that CSIS relied on "vague and incomplete" information and had no basis to add Al Telbani. The SPAG ignored the recommendation and kept him on the list.

Over the years many have been caught in limbo. Lauren Kinney, director general of aviation security at Transport Canada, testified to a 2010 parliamentary committee that there were about 850 false positives within the first three years.

Rather than addressing concerns, the Secure Air Travel Act (part of the anti-terror legislation passed last year) exacerbated them. It authorized the establishment of a list of people who the government has reasonable grounds to suspect will, with or without intent, threaten transportation security or commit a terror offence. This, along with other changes ushered in by SATA, ensured the list would quickly grow.

The new anti-terror legislation will also make it more difficult for anyone caught up in the no-fly list to find recourse. Under the new law, such a person must apply directly to the minister of public safety within 60 days to challenge a listing. This is akin to having the fox guard the henhouse.

Ironically, as the U.S. eases up on its own lists in response to civil-rights lawsuits, the Canadian list is becoming more secretive, sweeping and less accountable.

Watch lists may serve a limited legitimate function, but they must be used cautiously. The government's appeal to national security should not exempt it from accountability, oversight and a meaningful redress mechanism.

Faisal Kutty is counsel to KSM Law in Toronto and an adjunct professor at Osgoode Hall law school. **Mustafa Jilani** is an associate at KSM Law.

ROSEMARY WESTWOOD

metroview

If El Chapo's devotion surprises you, it shouldn't.

If you slogged through Sean Penn's sometimes unintelligible ode to drug kingpin El Chapo in Rolling Stone magazine, you perhaps know a few more things than you used to.

Penn loves his own penis. Joaquín Archivaldo Guzmán Loera — or El Chapo, the world's most powerful drug trafficker — has charisma as well as the blood of thousands of Mexicans on his hands. And he believes in God.

In the interview, such as it was, El Chapo recounts asking God for help escaping from prison (he's since been recaptured). He thanks God that his mother is still alive and says he wants to be with his family for "the days God gives me."

If this devotion comes as a surprise to you — as it did to some — it shouldn't.

Drug traffickers across Latin America are typically religious, and Catholic, like just about all their neighbours.

"Latin America is the most Christian region on earth," says R. Andrew Chesnut, chair in Catholic studies at Virginia Commonwealth University in Richmond and an expert on Latin American religious history. Ninety per cent of Latin Americans are Christians, and 40 per cent of the world's Catholics live in Latin America, he says.

It is Colombian traffickers who exported St. Jude — the patron saint of lost causes — to Mexico, where he's now widely popular, Chesnut says.

Traffickers' faith is "not so much about Christian morality," he says. Since the threat of death is everywhere, divine protection "is the most important function of both the Catholic and folk saints popular among narcos."

That creates a fraught relationship, to say the least. On one hand, Latin American churches have been accused of money laundering, via cartels' donations or "narcolimosnas." Meanwhile, a slew of priests who publicly oppose drug cartels have been murdered in recent years.

Then there are folk saints, most notably Santa Muerte, figures not recognized by the Catholic Church but wildly popular among traffickers.

Saint Death is also known as a healer, a miracle worker and agent of prosperity, says Chesnut, who wrote a book on her. "If you're looking at narcos in Mexico, the most important religious figure for them is Santa Muerte."

That has made her "Religious Enemy No. 1" to the Mexican government, he adds, and a challenge to the church, too. But fighting the spread of beliefs is as hard as fighting the spread of drugs.

As for God's guiding hand in El Chapo's life, I imagine, in the drug lord's familiar old place behind bars, he's got a bone to pick with the Almighty.

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Sesame Street begins its 46th season brought to you by the letters HBO

Fifty Shades a leader in race for Razzies

BAD MOVIES

Pixels, Jupiter Ascending share lead with six nods each

Fifty Shades of Grey is all tied up with Pixels, Jupiter Ascending and Paul Blart Mall Cop 2 for the most nominations at this year's Golden Raspberry Awards celebrating the worst in cinema.

The films led the Razzies lineup Wednesday with six nods each, including worst picture and worst actor for Jamie Dornan in the sexy thriller Fifty Shades of Grey, Kevin James in the comedy sequel Paul Blart Mall Cop 2, Channing Tatum in the sci-fi film Jupiter Ascending and Adam Sandler in the video game mash-up Pixels and fantasy-comedy The Cobbler.

The other worst picture nominee is the superhero flop Fantastic Four, which is also up for worst remake, screen combo, director for Josh Trank and screenplay for Simon Kinberg, Jeremy Slater and Trank.

Channing Tatum vies for worst actor for his role in Jupiter Ascending. HANDOUT

The announcement of the Razzies, which launched in 1980 as a spoof of Hollywood's awards season, comes ahead of Thursday's Oscar nominations.

The "winners" for the 36th annual Razzies will be announced Feb. 27, the night before the 88th annual Academy Awards. They will be selected by 900 voting members from 47 states in the United States and 21 foreign countries.

While far less star-studded than other award shows, past recipients such as Halle Berry and Sandra Bullock, have actually shown up in person to claim their gold spray-painted prizes. THE ASSOCIATED PRESS

Dakota Johnson and Jamie Dornan both earned nominations for Fifty Shades of Grey. HANDOUT

Paul Blart Mall Cop 2 ties for most Razzie nods. HANDOUT

THE NOMINEES ARE...

• **Worst picture:** Fantastic Four, Fifty Shades of Grey, Jupiter Ascending, Paul Blart Mall Cop 2, Pixels.

• **Worst actor:** Johnny Depp, Mortdecai; Jamie Dornan, Fifty Shades of Grey; Kevin James, Paul Blart Mall Cop 2; Adam Sandler, The Cobbler and Pixels; Channing Tatum, Jupiter Ascending.

• **Worst actress:** Katherine Heigl, Home Sweet Hell; Dakota Johnson, Fifty Shades of Grey; Mila Kunis, Jupiter Ascending; Jennifer Lopez, The Boy Next Door; Gwyneth Paltrow, Mortdecai.

• **Worst supporting actor:** Chevy Chase, Hot Tub Time Machine 2 and Vacation; Josh Gad, Pixels and The Wedding Ringer; Kevin James, Pixels; Jason Lee, Alvin and the Chipmunks: Road Chip; Eddie Redmayne, Jupiter Ascending.

• **Worst supporting actress:** Kaley Cuoco-Sweeting, Alvin and the Chipmunks: Road Chip and The Wedding Ringer; Rooney Mara, Pan; Michelle Monaghan, Pixels; Julianne Moore, Seventh Son; Amanda Seyfried, Love the Coopers and Pan.

Adam Sandler is nominated in two categories. HANDOUT

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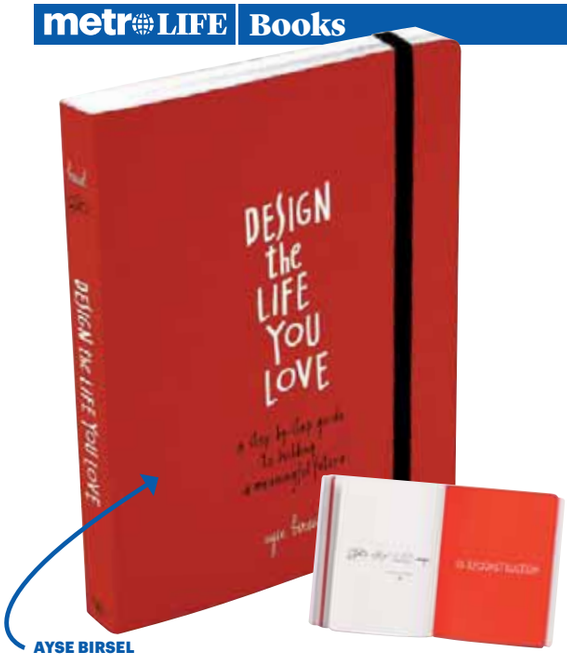
Whole new chapter

This is the time of the year to pull up your socks and be a better you. Here are books to inspire: physically, emotionally, intellectually and spiritually. **TORSTAR NEWS SERVICE**



AYSE BIRSEL

Design the Life You Love

Ayse Birsel is the creative director and principal of Birsel + Seck, the New York design studio she founded with her husband, Bibi Seck. Her book is a beautifully designed self-help manual filled with words (hand-printed by the author) and pictures (doodles, drawings, cartoons and comic strip/graphic novel panels, vision maps and other creative tools) that is fun to flip through and filled with creative ideas for designing your best life possible. In her introduction, Birsel says the workbook (she prefers, "playbook" to put the emphasis on fun) represents the "intersection of my design process, Deconstruction Reconstruction, and my biggest project, my life."

DANIEL KLEIN

Every Time I Find the Meaning of Life, They Change It

Daniel Klein's new book began as a notebook titled Pithies, and contained thoughts from history's great philosophers. As a young man he hoped these notes on "how to live the best life" would offer direction. As an old man, he finds the quest useful, and expands on his long-ago pithies in hopes of helping others.

YONI FREEDHOFF

The Diet Fix: Why Diets Fail and How to Make Yours Work

What would a new year be without a resolution to lose weight? It isn't so much a diet book as an anti-diet book. Yoni Freedhoff, an Ottawa doctor, examines why 90 per cent of diets fail, and offers common sense help with a 10-Day Reset that he says can change your relationship with food forever. Tall order. Nothing else has worked, so this might be worth a try.

HAROLD S. KUSHNER

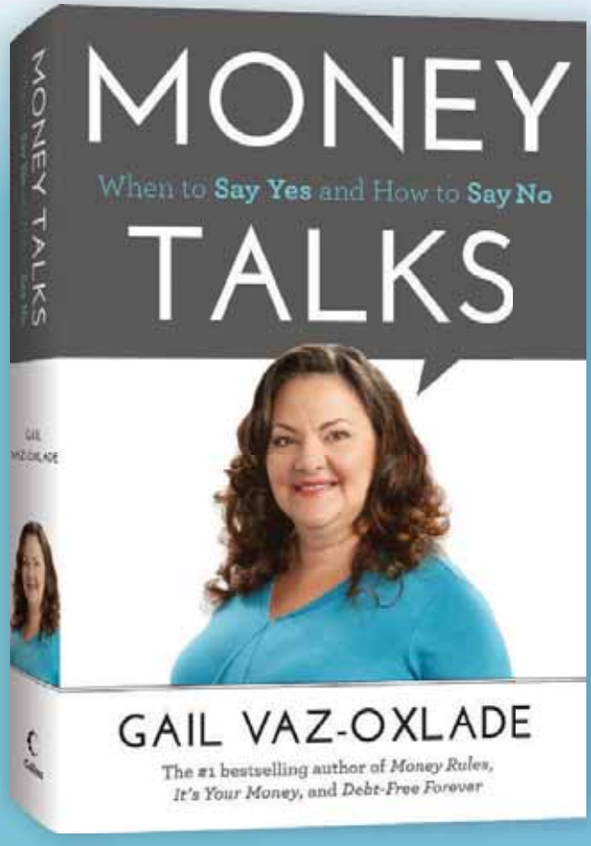
Nine Essential Things I've Learned About Life

Harold S. Kushner, an American rabbi, is the author of 1978's memorable When Bad Things Happen To Good People and his subsequent books have similarly dealt with faith's thornier questions. He writes for a general audience — which is to say you don't have to be Jewish to gain spiritual sustenance from what he has to say. His chapter titles draw you in.

WHOOPI GOLDBERG

If Someone Says, "You Complete Me," RUN!

Whoopi Goldberg has been married three times and had several other non-wedlock unions. She has concluded that finding the One isn't for her. So what can she tell us about managing a relationship? Plenty. Over 16 chapters, the actress, comedian and TV moderator, navigates the shoals of being with another.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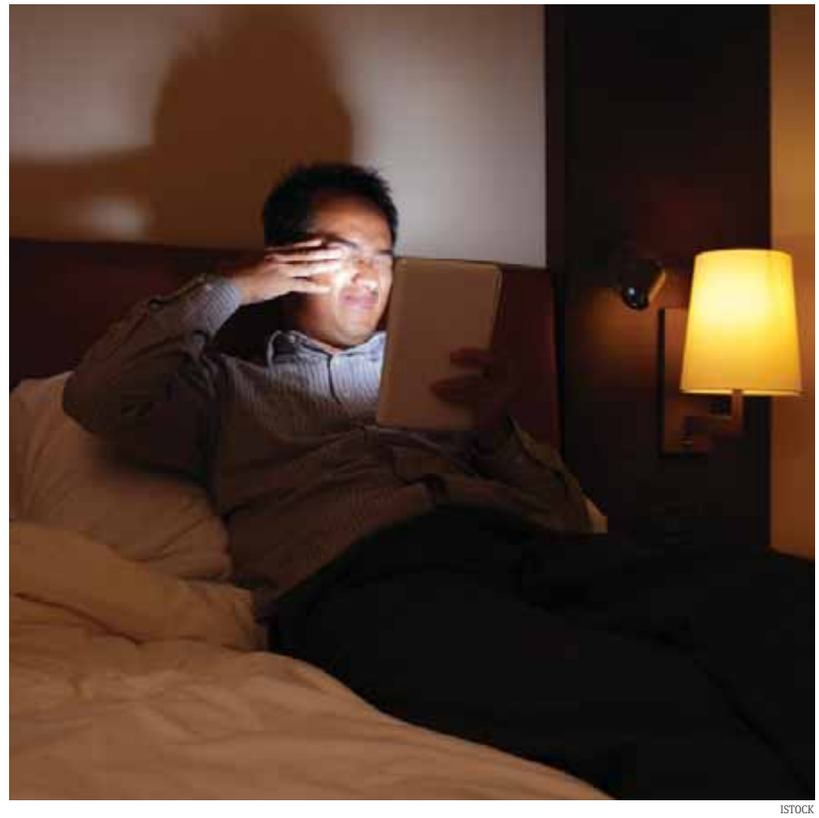

ISTOCK

Our modern lifestyles leave little time for relaxation. Due to our exhaustion, many of us expect to fall asleep as soon as we hit the pillow — but that is often not the case.

Our evening TV, movies or other electronic habits that we use to quiet our brains may actually be working against us when it comes to a restful sleep. Exposure to light at night time can offset our circadian rhythms. As a result, we lose out on the powerful benefits of quality sleep.

Melatonin production is higher in individuals exposed to the full spectrum of light throughout the day; however, it decreases with increased exposure to light at night. While light of any kind can suppress the secretion of melatonin, blue light is the most powerful suppressor. Blue wavelengths emitted from our electronic screens and energy efficient light bulbs are shown to shorten or disrupt sleep.

Researchers at Harvard University have linked short sleep and exposure to light after dark to an increased risk for certain cancers, cardiovascular disease, depression, obesity, and diabetes. While the research remains inconclusive, we know melatonin secretion stops very quickly upon exposure to even a small amount of light. For your health and the health of your loved ones, avoid or dim electronic screens to improve your sleep and daytime wakefulness.

Try these bonus tips to preserve your melatonin and sleep smarter:

- Dim your lights and unwind from electronics and bright lights one to two hours before bedtime. Enjoy a bath, read, or listen to audiobooks, guided meditations or relaxing music on a timer.
- Sleep in the darkest room you can, or get an eye mask.
- Use dim red lights as night lights. Red light has the least power to shift circadian rhythm and suppress melatonin.
- Soak up plenty of natural light throughout the day.

If lack of sleep is continuing to disrupt your lifestyle, see your family doctor or visit www.copemanhealthcare.com for more on our personalized health programs.

Copeman unlocks formula for excellent health outcomes

Imagine your very own dedicated healthcare team working with you to find ways to optimize your health. Now imagine that same team taking it one step further and collaborating together, looking for ways to maximize disease prevention, facilitate early detection and execute timely interventions. It is exactly this type of collaboration that has become the hallmark of Copeman Healthcare.

"There is nothing quite like the peace of mind that comes from having several different care professionals working together on your chart," says Chris Nedelmann, CEO of Copeman Healthcare, "In addition to collaboration, our model also strongly emphasizes unhurried, on-time visits and outstanding customer service."

In the Copeman model, the care of a physician is integrated with teams of registered dietitians, kinesiologists, family health nurses, diagnostic staff and other professionals as required.

"It is this combination of providing adequate time, delivering care through a multiprofessional team and looking at physical, psychological and cognitive indicators that produce the best health outcomes," says Nedelmann.

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Regular baseline assessments track subtle changes in health and assist with early detection. By catching things early teams can respond immediately when treatment is most effective. Services are tailored to the unique needs of clients allowing for a truly integrated approach to health management and disease prevention.

Clients typically choose between the ongoing care program called LifePlus or an annual Comprehensive Health Assessment (CHA). In either case, clients receive an annual head-to-toe assessment that examines a multitude of health risk factors. A personalized prevention plan is then developed for the client with suggestions for mitigating their own specific risks.

Families are invited to enrol their children in Copeman Kids, a unique program that offers same-day visits, age-appropriate health screening and developmental assessments to evaluate speech and language development.

Copeman Healthcare also provides services for organizations and corporations. Health plans are designed to drive optimum workplace wellness and ensure executives and highly valued employees are operating at peak performance. As part of its corporate services, Copeman Healthcare can perform health audits and provide aggregate, anonymous data on the state of the organization's health.

Central to all services is the concept of wellness coaching — providing ongoing support and guidance for optimizing nutrition, exercise, sleep and mental health. Whatever your needs, let Copeman Healthcare design a program that is right for you.

For more information visit www.copemanhealthcare.com, or contact Terri Thompson at tthompson@copemanhealthcare.com.

Copeman Healthcare
fosters happy, healthy families

No matter what age or stage of life you are in, one thing that never changes is the importance of good health. Copeman Healthcare offers comprehensive, preventive, team-based programs for the health of your entire family.

Copeman Kids Program

Why Copeman Kids?

The Copeman Kids program is designed to proactively help children develop to their full physical, mental, behavioural and academic potential. Copeman Kids is designed to closely track & monitor a child's health and development through;

- Prevention-focused health screenings
- Proactive family health education
- Same day visits and care when you need it
- The expertise of an inter-professional team including a family health nurse, a nurse practitioner and a physician.

You can expect:

PHYSICAL ASSESSMENT

- Comprehensive health history
- Comprehensive physical examination
- Age & risk appropriate immunizations

DEVELOPMENTAL ASSESSMENTS

- Social competence
- Emotional well-being
- Speech and language development
- Specialist referrals for children not meeting developmental milestones

EDUCATION

- Promotion of positive behaviours and healthy lifestyle choices
- Health promotion, disease & injury prevention
- Guidance and empowerment for children to take an active role in their health
- Information on community-based early child development
- Promotion of early literacy activities

LifePlus Program (for adults)

Why LifePlus?

Copeman Healthcare's renowned LifePlus Program provides clients with a dedicated multi-disciplinary healthcare team aimed at optimizing their health by maximizing disease prevention, facilitating early detection and executing timely interventions through;

- Prevention-focused health screenings
- On-time, unhurried appointments
- Personalized prevention planning
- The unlimited time and expertise of a multi-disciplinary care team including a physician, family health nurse, registered dietitian, kinesiologist, diagnostic technician and clinical care coordinator.

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For more information or to enroll today contact:

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Restore your true self with a life coach

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The moments when we step back and examine our lives with a critical eye can be few and far between.

Life gets busy. You focus on the task at hand with little time to come up for air. Before you know it, you've lost sight of why you're doing what you're doing. What do you really want?

Life coaching can help you find your purpose, confidence and personal fulfillment, according to Vancouver relationship and life coach Terry Sidhu.

"We all desire the same emotional experiences in life," Sidhu says, whose blog, The Lion's Life, has become a source for individuals seeking advice and support from around the world.

Sidhu's coaching technique doesn't rely on a one-size-fits-all approach. Instead, he engages with clients one-on-one to tailor coaching to help them unlock their potential.

"The concept of identity is central to my work — I want to help you find out what makes you tick. My coaching is focused on helping you reconnect with your own unique identity and pinpointing what you desire in your life, relationships and career. Then I help you make it happen," Sidhu says. "There's incredible potential in every client I have the privilege of working with."

Sidhu's personalized services include relationship coaching, group and family coaching and life coaching. He addresses a wide range of issues including increasing productivity, building confidence, goal setting and taking action.

Relationship coaching addresses a plethora of interpersonal issues, including identifying recurring problems, practicing communicating in a way that allows both partners to be heard, restoring trust and reviving the traits that gave life to the relationship.

In his group coaching Sidhu begins by addressing what each individual within a group needs. Then he assesses how they communicate, how they interrelate and how each person impacts the others and contributes to the group as a unit.

"People are incredibly complicated, but many of the issues we have, whether personal, interpersonal, or career-related, often stem from a core insecurity — we aren't living true to our identities," he explains. "I'm here to help you come back to who you really are."

Visit vancitylifecoach.com for more information. Read The Lion's Life blog at thelionslifeblog.com.

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Healthy snacks key to office wellness

Across cultures, sharing food is a token of goodwill and appreciation, and office culture is no exception.

An increasing number of Vancouver employers are providing food for their employees, and making it a priority.

Accessible nutritious snacks help workers stay happy, healthy and productive, according to Cody Irwin, founder and CEO of Natural Source — Healthy Office Snacks.

"Corporate culture and staff wellness are a hot topic these days," says Irwin. "It's amazing how much impact a well-stocked kitchen can have. Employees feel valued and appreciated, and in return the company benefits from happier, more energized staff. The tech industry has embraced this and it's now become standard in order to compete for top talent."

Approximately 90 per cent of Vancouver office workers surveyed said that a daily in-office perk focused on their well being would boost morale, agreeing it would "make them feel more valued and motivated," Irwin says.

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Imagine being able to walk into your office kitchen when hunger hits and grabbing a healthy snack from a wide range of frequently changing options — provided for free by your employer.

Natural Source is making this scenario possible by supporting their clients, like tech studios Mozilla, Plenty of Fish, and Kabam, to create and manage easy, impressive, and cost effective programs. Large or small, they have a solution for any size of office or budget; they can even consolidate your vendors as they also supply groceries and happy-hour beverages.

The company's catalogue boasts more than 500 high quality natural products that are healthy, affordable and taste great. Popular favourites include organic fruit, veggie chips, trail mixes, energy bars, and smoothies, but they also pride themselves on carrying an assortment of snacks you've never heard of before — Sriracha banana chips anyone?

Many of their snacks are produced locally, and meet dietary certifications such as gluten free, dairy free, and vegan; they also meet the company's all-natural guidelines, with no artificial colours, artificial flavours, preservatives, trans fats or high fructose corn syrup — just healthy goodness to fuel your hardworking team.

"An increased quality of life in the office is no longer a novelty, it's essential to success," Irwin says.

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"Broken Bowl" showcased through Maison & Objet's talents à la carte program

MEET THE CONDO

The Height of West Coquitlam

Project overview

Lougheed Heights, a Bosa Properties and BlueSky Properties build, is a master-planned community located in West Coquitlam. The project, once completed winter 2018, will boast three towers (the first is 37 storeys tall), with over 24,000 square feet of amenity space. Public previews start on Jan. 16.

In the neighbourhood

Lougheed Town Centre is just a walk away and is home to Hudson's Bay and H&M. When the weekend hits, residents can celebrate at JOEY or The Wild Fig. There are a host of bakeries and delis in Austin Heights, as well as Korean barbecue, sushi and Thai food on North Road.

Location and transit

West Coquitlam, on the border of Burnaby, is evolving as one of Metro Vancouver's most important communities. Residents are just steps from the Evergreen Line and the Millennium Line, with easy access to Simon Fraser University. Commuting to downtown Vancouver takes under 25 minutes.

Housing Amenities

Residents can enjoy a luxurious soaker tub in the bathroom, Euro-inspired designer composite stone countertops in the kitchen and a secret sofa bed behind a floating TV panel in the living room. Outside, there will be a heated pool and a barbecue area.

CONTRIBUTED

NEED TO KNOW

What: Lougheed Heights
Builder: Bosa Properties and BlueSky Properties
Designer: BYU Design (interior designer); Chris Dikeakos Architects Inc. (architect)
Location: West Coquitlam
Building: Master-planned community featuring three residential towers
Sizes: From 504 sq. ft. to 1,664 sq. ft.
Pricing: Starting from $279,900
Suites: One, two and three bedrooms
Status: Pre-construction; public previews start Jan. 16
Occupancy: Spring/summer 2019
Sales centre: 581 Clarke Road, Coquitlam
Phone: 604-939-2677
Website: blueskyproperties.ca/lougheed

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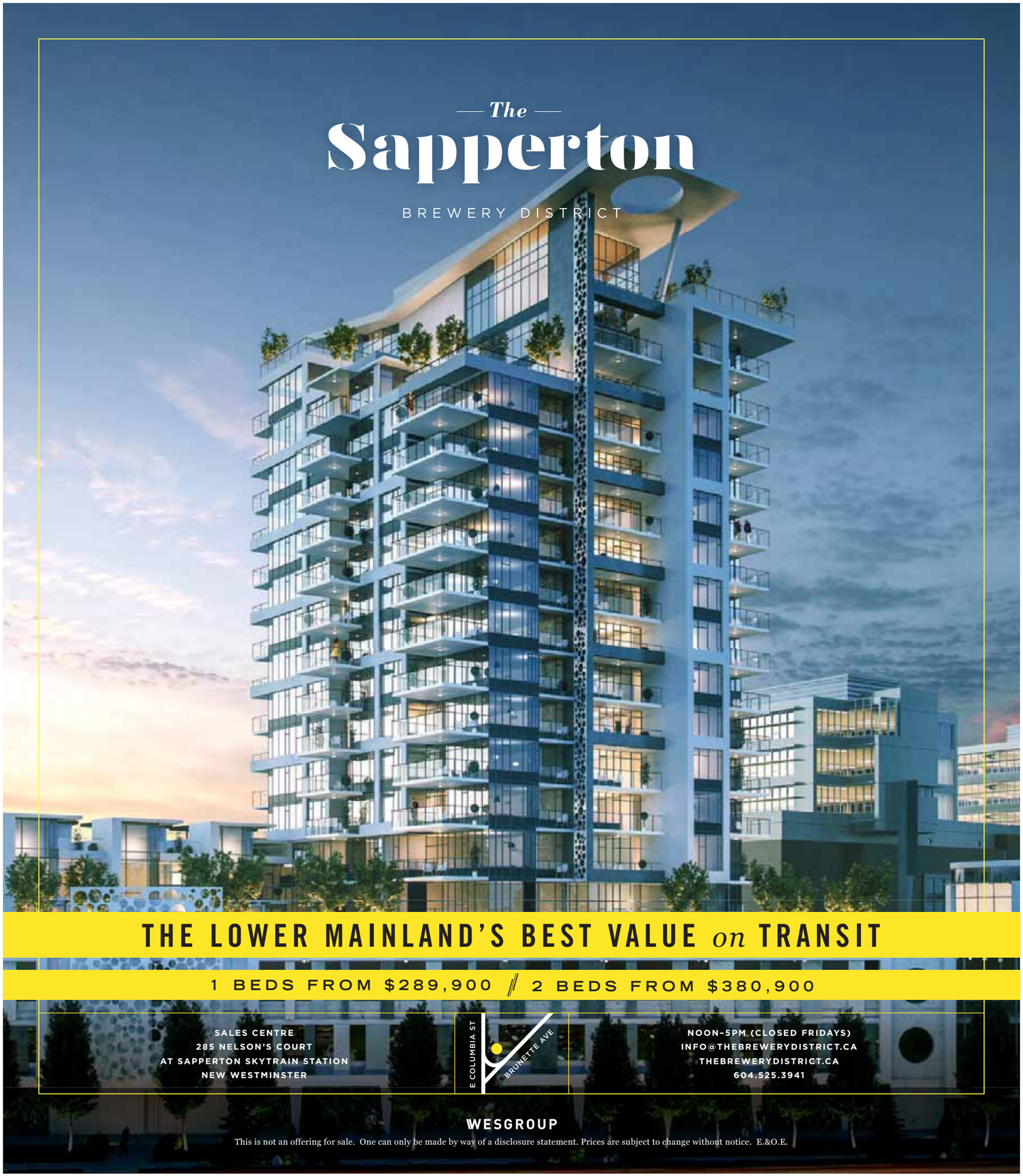
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3 WAYS TO MAKE YOUR MANTELPIECE A DECOR FOCAL POINT ALL YEAR

The post-holiday mantel and fireplace can look strangely bare. Give the space some light and a creative touch with these tips **THE ASSOCIATED PRESS**

When January arrives, even Christmas-loving homeowners might be happy to put away Santa and his reindeer.

But the empty mantel and fireplace can feel lonely.

The days are still short and the weather chilly, so "the key word after the holidays is cosy," says Pittsburgh-based interior designer Cathy Davin.

A well-decorated fireplace — even without a wood-burning fire inside — can be the perfect source of cheerful style and warm glow throughout the first weeks of the new year.

Here Davin, as well as HGTV stylist Meg Allan Cole and interior designer Mallory Mathison share their ideas for making the most of your mantel and fireplace throughout the post-holiday season.

THE ASSOCIATED PRESS

1 Keep the winter theme

Davin believes in celebrating winter even after the holidays are over. She removes red poinsettias, but keeps white ones and white cyclamen around her fireplace. And she continues lighting white and gold candles on the mantel. She also encourages clients to keep tiny white lights in their living space for a warm glow throughout January.

2 Get crafty

Your mantel is the perfect place to get creative. Davin suggests exploring Pinterest for DIY mantel decorations. You'll also find ideas on Cole's YouTube channel. Cole suggests seeking out craft projects that use votive candles (she offers some ideas at hgtv.com). Don't forget to get creative under your mantel, too: Add tiny hooks if you don't already have them for holiday stockings, then suspend little glass orbs with LED tea lights inside.

3 Look inside

If you're not using your fireplace for a fire, use that space decoratively by filling it with candles or other items. Just remember to keep things looking reasonably natural.

"The 'go-to' is a bundle of clean, pretty birch logs that are arranged as if they are waiting to be lit," Mathison says. "I love to use andirons and then stack the birch logs in a pyramid."

Some designers fill the firebox area with small bookshelves or other unexpected items. Mathison prefers not to: She thinks using decorative items that aren't made to be in a fireplace can "feel forced and contrived."

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TOWNLINE

IN BRIEF

Chile's Alejandro Aravena wins the 2016 Pritzker Prize for Architecture

Alejandro Aravena of Chile has been selected as the Pritzker Architecture Prize Laureate for 2016.

Since 2001 Aravena has been the executive director of the Santiago-based ELEMENTAL "Do Tank." The organization focuses on projects of public interest and social impact, including housing, public space, infrastructure and transportation. ELEMENTAL has designed over 2,500 low-cost social housing units.

Aravena's firm is known for its use of a participatory design process, in which the architects work closely with the public. ELEMENTAL employs an innovative approach to low-income housing that is called "incremental housing". This involves designing what they call "half a good house," leaving residents space to complete their houses themselves. AFP

Change home, change yourself

IMPROVEMENTS

Resolve to create a happy space with these tips

Every year, we declare our intention in January: We're going to be, in so many words, better.

Whether that means a little change or a major overhaul, this is the designated time to do some life maintenance and make a few overdue upgrades.

How does that look when applied to your home?

Not all that much different. Here are three expert-recommended resolutions for a happier abode in 2016.

Splurging on a big new year can be tempting, but DIY improvements can look just as good and be even more personally satisfying. ISTOCK

Look great for less

An extreme makeover is tempting for the new year, yes — but it's also expensive. Before you whip out that holiday-heavy credit card and redo your living room, consider some cheaper alternatives, suggests Denise Sabia, the designer and blogger behind ThePaintedHome.com, a site that offers DIY tips.

"My home resolution is to update and freshen up my old sofa with new pillows and throws," she says.

Discover a new passion

A good resolution results in an improvement. A great resolution brings about a new habit.

So while a shiny new kitchen is a worthy goal, it's messing up that kitchen that will really transform your home.

"Rather than trying to make a resolution, per se, I focus on crafting and perfecting one thing each year," says Gwen Hefner of TheMakerista.com.

"Last year, it was hospitality, and this year, it's food. We're gutting our kitchen in the new year, and I'm hoping the renovation will help me find a passion for cooking!"

> **"Rather than trying to make a resolution, per se, I focus on crafting and perfecting one thing each year**
> Gwen Hefner, TheMakerista.com

Focus on what's important

Just like you only have so much time in a day, your basement only has so many square feet.

Free yourself up and get rid of what's not important before another year piles on.

"I already have a lot of goals in place for 2016, but my most attainable and tangible is to purge and organize my home," says designer and lifestyle blogger Marian Parsons of Missmustardseed.com. "I am yearning to simplify and get rid of the things we don't use, need or love, and organize the things we decide to keep."

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This free standing tub is made of a newly-developed material that has a soft feel that's warm to the touch, while a monochromatic white palette gives the space an elegant vibe. COURTESY DURAVIT

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Take it to the lux level

BATHROOMS

The right fixtures and lighting give a hotel feel

What makes a great bathroom, one perfect for prepping and primping?

A well-considered combination of fixtures, lighting and amenities — the kind we often first experience in a really nice hotel.

"Bathrooms are the most private parts of our homes. They're also the most private parts of hotels, our 'homes away from home,'" says Los Angeles author Anneli Rufus, who has written travel books among others. It's the sense of a space that's exclusively ours that's appealing, she says, enhanced by fittings and fluffy towels.

We often want to recreate that luxury-hotel experience when we return home, says Paul Flowers, chief design officer for Lixil, the Tokyo-based parent company of higher-end, bath-product brands like DXV and Grohe. The bathroom, he says, "is moving from a rational space for cleaning and grooming into an emotional space for relaxation and contemplation."

Some ways to bring the hotel-style bathroom home:

Light the way

Flicking on that hotel bathroom light switch is often where the magic begins: Complexions look healthier, skin smoother.

"Typically, the best type of lighting is layered, because it addresses the bathroom's different lighting needs," says interior designer Jessica Shankman of Laurel & Wolf in West Hollywood, California.

"I always recommend installing a dimmer to control the light output and create a different atmosphere in the room," she says. That might mean bright lights when you get dressed, for instance, and soft lighting while you soak in the tub.

For makeup application, task lighting's your best friend, she says: "I suggest mounting wall sconces on either side of the mirror to provide shadow-free lighting on the face."

Warm and welcoming

Sheila Schmitz, editor at the homes website Houzz.com, sees a trend toward treating the bathroom as more of a "living room."

"Our users love it when they see a bathroom warmed up with vintage and furniture-like details," she says. "Console tables, comfortable chairs, and new or repurposed dressers make a bathroom feel more like a living space than just a place to wash up."

Chameleon Concepts offers bespoke wall-mounted vanities with or without decorative legs. Select your style and finish, and then add a front panel insert like patterned paper, faux leather, mosaic or marble. Philippe Starck's Cape Cod vanity features a vessel sink perched on a walnut, oak or beech wood slab, hewn to resemble driftwood. A co-ordinating free-standing bathtub is crafted of a new material with a satin finish and soft feel.

Undulating curves on the Onda collection of vanities and counter basins have a sensuous and playful vibe. THE ASSOCIATED PRESS

Curves bring an interesting new and sophisticated silhouette to bathrooms. COURTESY HASTINGS TILE & BATH

Five ways to reduce your heating bill

ENERGY

Improving efficiency in your home means savings

As winter wears on, a few cheap and easy fixes can help keep homes warm while saving energy and money.

In the U.S., the average household spends about $2,000 a year on utilities, almost half of which goes toward heating and cooling, according to the nation's Environmental Protection Agency.

Luckily, a little savvy can go a long way toward reducing heating bills. Five ideas from the energy experts:

1 Think clean, clear and efficient

"Check your furnace filter on a monthly basis. If it's dirty, it won't function as efficiently as it could," said Lauren Urbanek, senior energy policy advocate for the Natural Resources Defence Council.

The EPA recommends cleaning or replacing furnace filters every three months.

And Bob McGee, a spokesman for the Con Edison utility company, says, "Make sure someone comes in to tune up the heating system once a year. Service contracts are always a good idea."

If you're in the market for a new furnace, opt for an Energy Star-certified model. Some upgrades can reduce heating costs by as much as 30 per cent, McGee said.

"And remember to make sure the heating vents aren't blocked and that everything's cleared out of the way, otherwise you'll be heating your drapes or the back of your furniture instead of the room," Urbanek says.

2 Get with the program

Consider investing in a programmable thermostat to maximize energy efficiency.

"We recommend keeping it set to between 68 and 72 degrees when people are home (20 to 22 degrees celsius), and then down to between 55 and 65 when no one is home and at night (13 to 18 degrees celsius)," Urbanek said.

The EPA says the thermostat should be set to around four degrees celsius lower than normal at night and when no one's home.

Some utility companies provide programmable thermostats for free or offer rebates, so it's worth calling your energy provider before heading to the hardware store.

"It's always a good idea to check our website for existing rebates and promotions, and also call to see what rebates or promotions might be coming up," McGee said.

Even without special offers, most programmable thermostats are under $100, Urbanek says, and will save you an estimated $180 a year on energy costs.

"A programmable thermostat can cut consumption by 20 to 30 per cent," she said.

$180

Estimated annual savings on home energy bills with the use of a programmable thermostat.

3 Put windows and fans to work

"Make sure your curtains are open when the sun is out and closed when it's dark and cold outside," Urbanek said. "And remember that warm air rises, so if you have a ceiling fan, keeping it on low with the blade direction reversed (moving clockwise) will gently bring the warm air back down."

4 Seal and insulate

If you're doing all that and your bills are still high, the Natural Resources Defence Council recommends checking for air leaks in your home and duct systems.

"Things like caulking and window stripping are really easy to do," Urbanek says. "A lot of people automatically assume that if your house is drafty or cold you need new windows. It's sometimes true. But in a lot of cases, that might not be the most cost-effective way of keeping warm for less," she said.

"Air sealing and insulation often gives you way more bang for your buck in terms of savings." The average U.S. household can improve energy efficiency, thereby reducing its heating and cooling costs by around $200 per year just by following Energy Star's sealing and insulation guidance (www.energystar.gov) and using Energy Star-certified appliances, according to the EPA.

5 Consider an energy audit

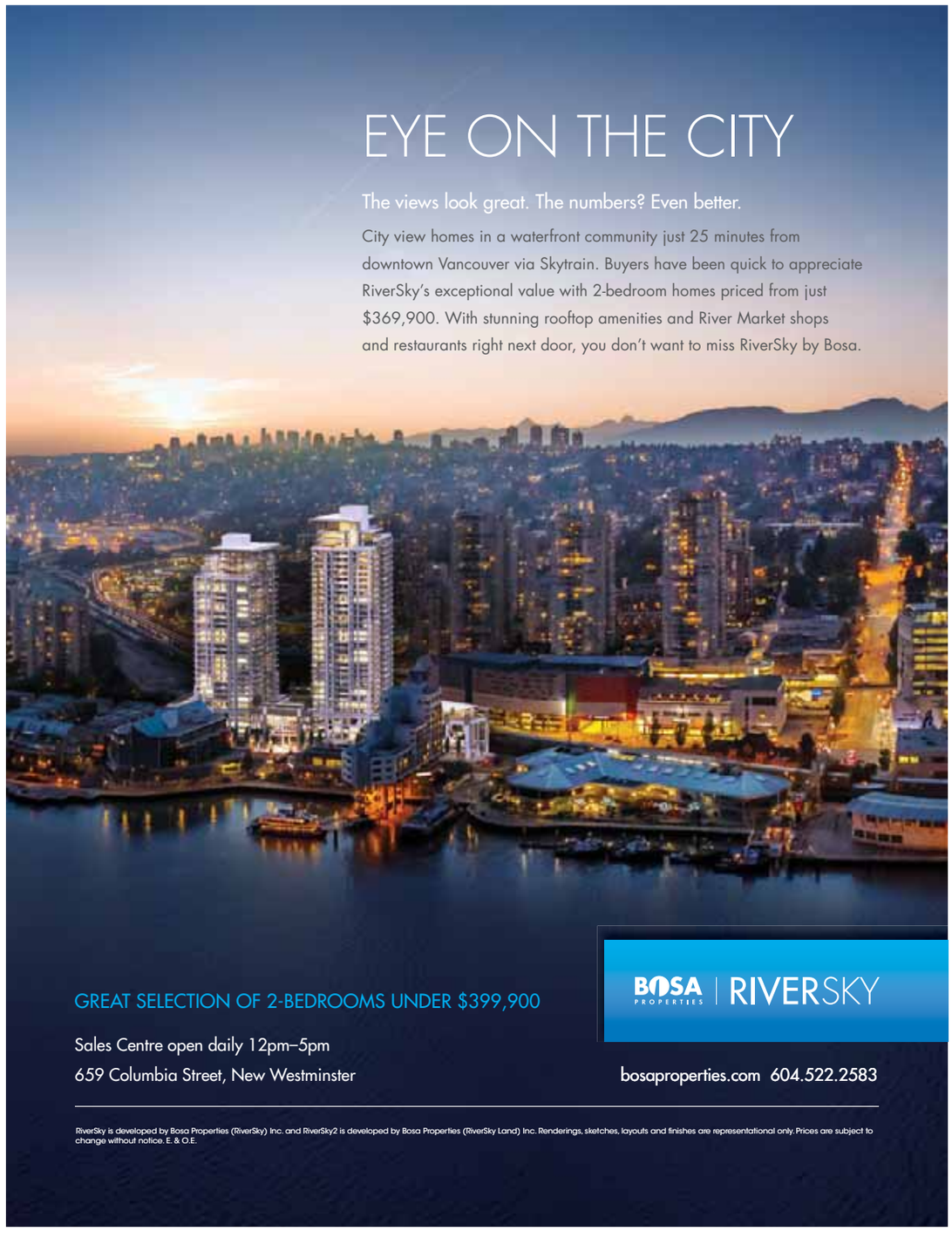
Many energy companies help customers get professional energy audits of their homes or offer lists of energy audit providers, and some utilities offer financial incentives to have audits done. A professional can pinpoint improvements that can translate into savings, McGee said.

THE ASSOCIATED PRESS

"A lot of people ... assume that if your house is drafty or cold you need new windows. But in a lot of cases that might not be the most cost-effective way of keeping warm for less.

Lauren Urbanek, senior energy policy advocate

Cut heating costs while still keeping your toes toasty. ISTOCK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Mebane, Rubin anchor league's top run defence

NFL PLAYOFFS

Seahawks think Panthers pose great challenge on weekend

From afar, Brandon Mebane would look at film of other defensive tackles around the NFL and what Ahtyba Rubin was doing in Cleveland jumped off the screen.

What he saw on the screen became even more impressive when Rubin decided to sign with Seattle last off-season and play alongside Mebane on the Seahawks defensive line.

"He runs down the field like I never seen no big dude run down the field," Mebane said. "He can run like a deer. Like a big deer. He's a great player."

On a defence with stars like Richard Sherman, Bobby Wagner, Michael Bennett and Earl Thomas — just to name a few — players like Mebane and Rubin can get easily overlooked. It's understandable because their positions on the interior of Seattle's defensive line make it difficult to stand out.

But ask around about why the Seahawks had the best-run defence in the NFL this season giving up just 81.5 yards per game and were successful twice in shutting down Minnesota's Adrian Peterson and the reasons

Seahawks Ahtyba Rubin, bottom left, and Brandon Mebane, bottom right, bring down the Cardinals' David Johnson on Jan. 3 in Glendale, Ariz. NORM HALL/GETTY IMAGES

point back directly to Mebane and Rubin as the instigators of that success.

"They make plays and they make sure that me and K.J. (Wright) never really get touched," middle linebacker Bobby Wagner said. "They've done a great job with that. I don't know if you guys have noticed it on film, but sometimes (Mebane) calls out the plays before it happens and (Rubin) does a great job of two-gapping and keeping the double teams. They're very crucial to what we do as a team."

81.5

The number of rushing yards the Seahawks defence give up per game.

The task before Mebane and Rubin this week is among the most difficult they have faced all season, trying to shut down Carolina in the NFC divisional playoff game on Sunday. There may not be a more challenging or diverse run game in the NFL to try and slow down. Whether it's Jonathan Stewart carrying the ball, Mike Tolbert bulling his way through the line or the times quarterback Cam Newton keeps the ball in his own hands, there is not a more unique running attack in the league according to the Seahawks.

"It is a really diverse run game. It is the most that we will see in the NFL," Seattle coach Pete Carroll said. "There is nobody that does more stuff and it's basically because the quarterback is such a dynamic part of it." THE ASSOCIATED PRESS

BEAST MODE

Seattle Seahawks running back Marshawn Lynch was a full participant in practice on Wednesday, but coach Pete Carroll cautioned that was no indication whether he would play in the NFC divisional playoff game at Carolina on Sunday.

Carroll said during his news conference that Lynch would be evaluated daily going forward to determine his availability for Sunday's game. Lynch hasn't played since Week 10 because of an abdominal injury.

Marshawn Lynch
GETTY IMAGES

CANUCKS

Potvin issues apology

Two days after calling Daniel Sedin a "low life" during a live television broadcast following a game-ending melee between the Vancouver Canucks and Florida Panthers, Denis Potvin has apologized through a statement from the Panthers.

Potvin also made a comment about the Sedin twins, Daniel and Henrik, using their "fingers to lick the peanut butter off of their bread."

Daniel Sedin scored the overtime winner, then glared at the Florida bench as he celebrated. As the Canucks were skating back to their bench, Derek Dorsett and Panthers backup goalie Al Montoya got into a mix-up at the benches, sparking the melee.

Both Sedin brothers said afterward that a Panthers player — they wouldn't mention who it was, though numerous reports link Shawn Thornton to what was said — made inappropriate comments to both of them before the overtime started.

The Panthers released a brief statement Wednesday.

"My choice of words at the conclusion of the Vancouver game on Monday should have been more appropriate. In the passion of the moment and under the circumstances of how the game ended, they came out wrong. For that I'm going to extend my sincere apologies to Daniel Sedin, Trevor Linden and the Canucks organization," said Potvin in a statement.

CAM TUCKER/METRO

Tyler Benson has been out of the Vancouver Giants' lineup since Dec. 20. MARISSA BAECKER/GETTY IMAGES

Giants' Benson frustrated by injuries

WHL

Team captain in jeopardy of missing top prospects game

Cam Tucker
Metro | Vancouver

Vancouver Giants captain Tyler Benson shed some light on a lower-body injury that has his status for the upcoming CHL Top Prospects Game in jeopardy, but it's still to be determined if he will be healthy enough to play.

Benson was named captain for Team Cherry for the upcoming event, which goes Jan. 28 at Pacific Coliseum. However, with the game quickly approaching, Benson is not even skating due to his injury, which has kept him out of the Giants' lineup since Dec. 30.

On Tuesday, he was listed as week to week.

"We'll see how it goes in a week or so," said Benson in a conference call. "I don't think I'll be playing before the prospects game."

The Giants have seven games on their schedule — including Friday's tilt against the Everett Silvertips at Pacific Coliseum — prior to the prospects game.

Benson, who has 26 points in 28 games during his draft year with the Giants, missed the first month of the season after he had surgery to remove a cyst near his tailbone.

"It's been a little bit of a frustrating draft year so far," said Benson, a potential first-round pick in the 2016 NHL Draft.

"Starting off the year with the surgery definitely wasn't the way I wanted to go and then just having nagging things afterwards. But I'm looking forward to this game. I'm hoping I can be 100 per cent for it and hoping I can continue with my team afterwards."

Benson was hitting his stride just before the injury, with 17 points in 13 games.

This event gives the top draft-eligible players in the CHL a chance to compete against each other before a plethora of scouts and NHL executives, so Benson's eagerness to compete is understandable.

"I remember the very first one (in 1996), we thought, 'Oh this is going to be a piece of cake, the guys are just going to have an all-star game,'" said Don Cherry.

"Boy, the kids take it serious, I'll tell you."

WORLD CUP QUALIFIERS

BC Place expands for Mexico match

What was once a goal has now become a reality.

When Canada Soccer announced last month that Vancouver would host a crucial FIFA 2018 World Cup qualifier between Canada and Mexico in March, the initial plan was to use the typical lower-bowl soccer configuration at BC Place Stadium, allowing for a capacity crowd of about 27,000 fans.

However, the goal at that time was to open seating in the upper bowl only if ticket demand was there.

On Wednesday, Canada Soccer announced that upper-bowl seating has been opened on what the organization called "the strength of initial ticket sales" for the March 25 match in Vancouver.

"We want to thank our fans for the terrific support and we are extremely pleased to be opening additional inventory to enable the Canadian soccer community and fans to attend the match and cheer for Canada," said Canada Soccer president Victor Montagliani in a statement.

Canada, after a win at BC Pace against Honduras in November and a draw in El Salvador, is two points back of Mexico for top spot in Group 1 play in the fourth round of qualifying in CONCACAF.

Canada has four games remaining on its schedule in this round.

The top two teams in each group will advance to the final stage. CAM TUCKER/METRO

IN BRIEF

Lions keep staff familiar

When it comes to their coaching staff, the B.C. Lions look like they're putting the band back together for the upcoming 2016 season.

The Lions announced Wednesday that Mark Washington will remain as the defensive co-ordinator, while Khari Jones was named the team's offensive co-ordinator, a position he held prior to last season, and quarterbacks coach.

Re-joining the Lions staff is offensive line coach Dan Dorazio.

The club also announced Marcel Bellefeuille as the new receiver's coach. Robin Ross remains with the Lions, but has moved to linebacker's coach. CAM TUCKER/METRO

Young arson survivor invited to meet Ronaldo

Real Madrid said Wednesday that it has invited a young Palestinian boy who is the sole survivor of a West Bank arson attack last summer to visit the team and meet star player Cristiano Ronaldo.

The five-year-old boy is still recovering in an Israeli hospital from the July 31 fire that killed his 18-month-old brother and their parents. THE ASSOCIATED PRESS

Former CFL star found dead in his prison cell

Lawrence Phillips, a star running back at Nebraska, first-round NFL draft pick and CFL player whose pro career quickly unravelled amid disciplinary problems, was found dead in his California prison cell early Wednesday, and officials said they suspect suicide.

Guards at Kern Valley State Prison found Phillips, 40, unresponsive in his cell. He was taken to an outside hospital and pronounced dead about 1:30 a.m., the Department of Corrections and Rehabilitation said. THE ASSOCIATED PRESS

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Leicester joint top as Gunners slip

PREMIER LEAGUE ROUNDUP

Arsenal draw in thriller with Reds, Ranieri's men beat Spurs

Arsenal conceded a 90th-minute equalizer at Liverpool to lose its outright lead in the Premier League on Wednesday, as Leicester kept up its surprising title challenge with a 1-0 win at Tottenham. Only a superior goal difference is keeping Arsenal above Leicester after the 3-3 draw at Anfield. Manchester City was held to a 0-0 draw at home at Everton and is three points off the lead in third place.

"Unfortunately it's January, not May," Leicester manager Claudio Ranieri said. "We have to remain calm and believe in what we're doing."

Robert Huth scored the winner for Leicester in the 83rd minute. Tottenham still occupies the last Champions League qualifying spot, but its grip on fourth place in the league is loosening, with fifth-place West Ham now just one point behind.

Liverpool's Joe Allen, centre, is mobbed after scoring a 90th-minute equalizer against Arsenal. PAUL ELLIS/AFP/GETTY IMAGES

A late equalizer also deprived Chelsea of victory. The champions' revival under new coach Guus Hiddink was slowed by a 2-2 draw at home to West Bromwich Albion, which twice came from behind at Stamford Bridge.

An end-to-end match at Anfield that started in the rain and finished in the snow got a fitting conclusion when substitute Joe Allen steered home the late volley that salvaged a point for Liverpool. Four goals were scored in 15 frantic minutes in the first half, with Roberto Firmino twice giving Liverpool the lead only for Aaron Ramsey and Giroud to bring Arsenal level. Giroud's turn and finish in the 55th put Arsenal in front for the first time, but Allen struck to spark a sideline celebration by Liverpool manager Jurgen Klopp that was as wild as the game.

As a top-four finish becomes an increasingly plausible proposition for Leicester, Chelsea must be preparing for potentially missing out on the Champions League next season. Although remaining unbeaten under Hiddink, Chelsea is 12 points behind fourth-place Tottenham. There was more drama in south Wales with six goals —half from Jermain Defoe's hat trick — as Sunderland swept to a 4-2 victory over 10-man Swansea.

Southampton secured only its second league win in nine games by beating Watford 2-0 with goals by Shane Long and Dusan Tadic. Stoke moved up to seventh after a 3-1 win over Norwich, which had to play for an hour with 10 men after Gary O'Neil hacked down Stoke's Ibrahim Affellay for a straight red card. Jon Walters struck four minutes into the second half, Norwich levelled through Jonny Howson but Joselu restored Stoke's lead before Ryan Bennett's own goal ended the contest. THE ASSOCIATED PRESS

> **Unfortunately it's January, not May.**
> Leicester manager Claudio Ranieri

DIVISION TABLE

	GP	W-D-L	Pts.
Arsenal	21	13-4-4	43
Leicester	21	12-7-2	43
Man. City	21	12-4-5	40
Tottenham	21	9-9-3	36
West Ham	21	9-8-4	35
Man. United	21	9-7-5	34
Stoke City	21	9-5-7	32
Crys. Palace	21	9-4-8	31
Liverpool	21	8-7-6	31
Watford	21	8-5-8	29
Everton	21	6-10-5	28
S'hampton	21	7-6-8	27
West Brom	21	7-6-8	27
Chelsea	21	6-6-9	24
Norwich	21	6-5-10	23
B'mouth	21	5-6-10	21
Swansea	21	4-7-10	19
Sunderland	21	5-3-13	18
Newcastle	21	4-6-11	18
Aston Villa	21	2-5-14	11

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RECIPE Ginger Pork Noodles

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This light and brothy pasta marks a fresh break from your same-old pasta bolognese. And the bright snap peas remind us that spring will come eventually.

Ready in
Prep time: 20 minutes
Serves 4

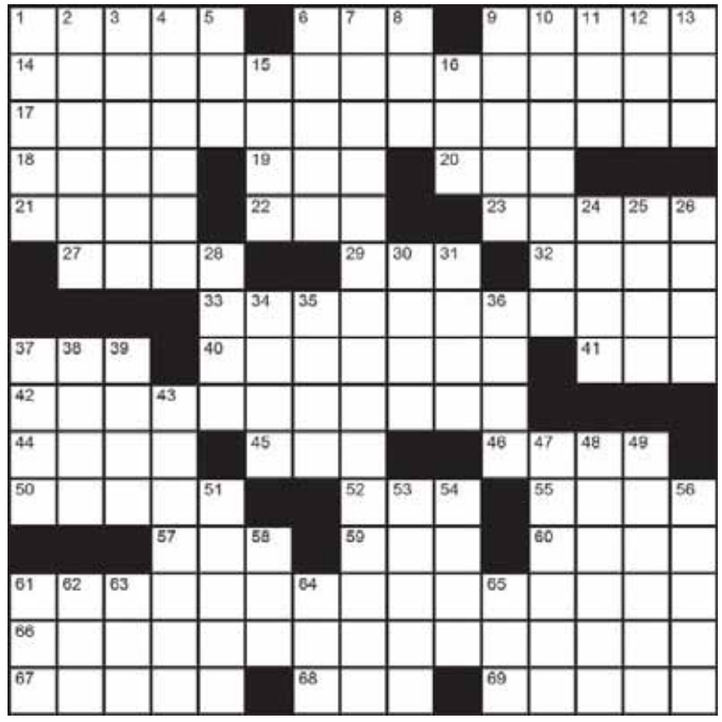
Ingredients
- 250 g rigatoni or egg noodles
- 2 Tbsp olive oil
- 1 cooking onion, chopped
- 1/2 cup mushrooms, chopped
- 500 g ground pork
- 8 cloves garlic, minced
- 2 Tbsp ginger, minced
- Salt and pepper
- 1 cup sugar snap peas (or other crunch green)
- 2 1/2 cups chicken stock
- 2 Tbsp spring onions, chopped
- 1 Tbsp fresh cilantro

Directions
1. Make pasta according to instructions and set aside.
2. Heat olive oil in a wok or deep skillet over medium heat. Soften chopped onion for 3 minutes. Add mushrooms, and once softened add minced pork.
3. After pork is cooked add garlic and ginger. Season with salt and pepper to taste. Stir and cook for a couple of minutes, then add sugar snap peas. Pour stock over pork mixture, which will make it soup-y. Add chopped spring/green onion and stir until blended. Ladle over the noodles and garnish with cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pomp
6. Audi models
9. Q. "What Beatles song goes 'Treasure these few words...'?" A. "It's known __ '_._._ Love You'."
14. "Big improvement!": 4 wds.
17. One of the National Gallery of Canada's collections: 2 wds.
18. Obscure
19. Sass
20. Hairstyling goo
21. Ancient war god
22. Here: French
23. Do the foxtrot
27. Title for a Miss, in Madrid [abbr.]
29. Music trio, e.g.
32. Back
33. Crispy appetizers topped with cheese: 2 wds.
37. Tavern drink
40. First three words of a hoping-to-be-rescued person's promise to his or herself...
41. Director Spike
42. Canadian politician like Thomas Mulcair: 2 wds.
44. Leg joint
45. Time off, slang-style
46. Pinnacle
50. Dwells on
52. American battleship letters
55. Website's main page
57. Type of bird
59. 'Proverb' suffix
60. "From here __...": 2 wds.
61. Higher food costs mean it will be more expensive for this in 2016: 2 wds.
66. British actor who played Chief Inspector Armand Gamache in "Still Life: A Three Pines Mystery", a 2013 TV adaptation of Canadian author Louise Penny's work: 2 wds.
67. Articulate
68. Art Garfunkel's partner ...his initials-sharers
69. Ladies

DOWN
1. __ Sketch
2. Sunday performers
3. Visiting-a-planet craft
4. Certify
5. Literary monogram
6. Theme
7. Escaping-the-winter-cold vacations: 2 wds.
8. Sun. address
9. Ventilated
10. Canadian band with the 1972 hit "Wildflower"
11. __ coat
12. Lady's man
13. TV Cousin
15. Nero's 2051
16. Time delay
24. Mr. Peart of Rush
25. Tapdancer's prop
26. Gaelic
28. Cap-_-__ (From head to toe)
30. Mix
31. Explosive star
34. Beatles: "Being for the Benefit __ __. Kite!"
35. Common noun suffix
36. __ _ date (Plan the wedding)
37. Cross of ancient Egypt
38. Ms. Horne
39. Water carrier
43. New Wave band, __ Mode
47. Well-being expert Deepak
48. Canadian broadcaster Ms. Deol who famously hosted "Electric Circus" on MuchMusic
49. Marshall Mathers' alias
51. __ campaign (Political ploy, perhaps)
53. Montreal-born humourist Mort, and surnamesakes
54. Swill
56. Bridge builders, briefly
58. Samovar
61. Wildebeest
62. Scoundrel
63. Canuck cap.
64. Baby dog's cry
65. Cooking spray brand

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Push yourself today. Make a special effort to get things done on time and to a high standard. You're sure to be rewarded and employers will think more highly of you in future.

Taurus April 21 - May 21
No matter how much you may desire something once you have got it you will realize it was not what you wanted after all. The fact is you are searching for something deeper, so look inside your head and your heart.

Gemini May 22 - June 21
Don't just sit and watch the world go by, get out there. Choose your friends carefully but don't get so hung up on other people's worth that you don't leave time to have fun.

Cancer June 22 - July 23
Someone you do business with may use unfair methods and tactics but don't lower your standards to keep up. You may be at a disadvantage in the short-term but over time your reputation will work in your favour.

Leo July 24 - Aug. 23
There are so many things you want to do but you're human and have to consider your limits. Focus only on the things that really matter. Talk only to people who matter as well.

Virgo Aug. 24 - Sept. 23
Get that pent-up emotion out of your system. Try something that makes you work up a sweat, something you can do on your own — team sports could end in fights.

Libra Sept. 24 - Oct. 23
Be honest about your feelings today. If you don't deal with bad emotions now they will hold you back later. If you're working on a team you need to get past the personal.

Scorpio Oct. 24 - Nov. 22
If you fear the worst today it will most likely happen. If you expect the best you will be pleasantly surprised. The Sun's link with Mercury, planet of the mind, means that good thoughts willlead to good things.

Sagittarius Nov. 23 - Dec. 21
Don't let money matters and other materialistic issues take over your life. Move past worldly things and discover the riches to be enjoyed in feelings that come from the heart.

Capricorn Dec. 22 - Jan. 20
If your sixth sense tells you to stop what you are doing and check the details again, listen to it. Mercury in your sign heightens your perception but may also distort things a little, so err on the side of caution.

Aquarius Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart suggests that your behaviour will be criticized today. If you're smart you will heed the protests and change your ways.

Pisces Feb. 20 - March 20
No matter how weighed down by responsibilities you are you must find ways to get away from your everyday environment. Do only what makes you feel good about yourself.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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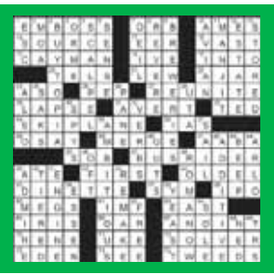

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4	9	6	7	5	8	3	1	2
8	5	7	3	2	1	9	4	6

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